

## **Running Injury Prevention Program Deployment Process and Requirements**

The Running Injury Prevention Program is sponsored by the Walter Reed Army Medical Center's DiLorenzo TRICARE Health Clinic under the direction of Mr. Mark Jacobs and is available to military medical facilities throughout the North Atlantic Regional Medical Command (NARMC). Mr. Jacobs is available for consultation to other military services and locations interested in setting up their own program.

The Running Injury Prevention Program provides a combination of evaluation and education to the patient whereby a participating site may either be only a referring site or it may be a referring / consultation site if they have an Exercise Physiologist.

Upon completion of the program, the patient is provided a list of specific recommended running shoes for his/her running profile from various shoe manufacturers that should provide excellent support and prevent running injuries.

### **SITE REQUIREMENTS:**

#### **Equipment:**

Each medical facility interested in the Running Injury Prevention Program is responsible for the purchase of the equipment for their facility.

See the document "Equipment Requirements to support the NARMC Running Injury Prevention Program" for details on what equipment is required with associated costs.

#### **Communications:**

A connection to the Internet is required to access the Secure Web-based Running Prevention Application at <https://consult.wramc.amedd.army.mil/Shoe/FitWin1.htm>

#### **Personnel:**

The Running Injury Prevention Program is normally available through either the facility Wellness Clinic or Rehabilitation Clinic. As such the personnel assigned to run the program at the facility are either exercise physiologists or physical therapists/techs. It is recommended that all sites have at least two people trained to conduct a running injury prevention session.

#### **Training:**

All Running Injury Prevention Program personnel are required to attend a training session by the program staff located at the DiLorenzo TRICARE Health Clinic (Pentagon). If a program staff member is available he/she may be able to come to the

requesting site, if the requesting site pays the TDY costs. **Please call program manager for more information.**

**Intellectual Property Rights:**

In the event that a requesting site is not in the NARMC and the Running Injury Prevention Program is provided to that site, a Memorandum of Agreement is required to ensure the program's integrity and standardization is maintained.

**PROJECT INITIATION:**

Once a site decides they want to participate in the Running Injury Prevention Program, they are to contact the program manager at the DiLorenzo TRICARE Health Clinic at (703) 692-8890. The program manager will coordinate all technical and educational requirements between the site and work with the NARMC Telemedicine Directorate's Deployment and Operations Manager to assist in the technical deployment of the program.

**CONSULT FLOW PROCESS:**

Please refer to the Clinical Business Practice for the consult flow process and areas of responsibility for the Running Injury Prevention Program.

## Equipment Requirements to support the NARMC Running Injury Prevention Program

### *Equipment needed*

1. **Treadmill** (Landice L8 - \$3500), or any that is manually controlled
2. **Sony VAIO series Notebook**



### **A Series** VAIO® A Series

Intel® Centrino™  
Mobile Technology  
Microsoft®  
Windows® XP  
Professional available  
17" Wide WUXGA  
1920x1200 or 15" (4:3)  
display<sup>1</sup> available  
DVD+-RW Drive<sup>2</sup>  
Up to 2GB<sup>3</sup> RAM and  
80GB<sup>4</sup> (5400 rpm) hard  
drive

### **VGN-A230 - 15" display**

The **A230** combines the convenience of a notebook with the multi-media features of an entertainment center. The 15" display with XBRITE Technology combines with the optional AV entertainment dock to deliver movies, games and television like never before.

**Free RAM upgrade - Offer ends 12/30/04**

**Starting at \$ 1,049.99 List**  
**Open Market Discount \$965.99**

**Base unit is meets project requirement. You are free to upgrade the notebook if you desired to use the PC for other applications/purposes. Contact Sony Govt. Sales Rep for updated pricing.**

### 3. Vaio Port Replicator:



#### **Sony VAIO® Port Replicator for A Series**

Easily expand connectivity to your A series notebook. With the port replicator, you get one connection to your office network and all your peripherals without having to disconnect every time you are away from the desk.

Compatible with A Series notebooks  
Expand connectivity to your notebook  
Connect audio, video and Internet  
accessories and peripherals

**\$ 199.99** List **VGP-PRA1**  
**Open Market Discount \$183.99**

### 4. I-link cable



#### **11.5" i.LINK™ Cable (4-pin to 4-pin)**

i.LINK™ DV In/Out Interface (IEEE-1394) provides a high-speed, bi-directional digital link between camcorders, a camcorder and editing deck, or a camcorder and computer with i.LINK

Single cable carries data lightning  
fast speeds 11.5 foot (3.5 meters) of  
extension cable 4-pin to 4-pin i.Link™  
interface

**Part Number:** VMC-IL 4435  
List \$74.99  
(GSA \$68.99)

FireWire Cable

#### 5. Digital8 Handycam Camcorder DCR-TRV460



**Digital8® Handycam® Camcorder**

**DCR-TRV460 (\$ 349.99) List GSA \$297.49**

1/6" CCD imager with 290K effective pixels  
20X optical zoom lens with 990X digital zoom  
Digital Still Memory mode capable with Memory Stick®  
media (not included)  
InfoLithium® battery with AccuPower™ meter system<sup>1</sup>  
Stream live and recorded moving video to a PC via USB

The Sony DCR-TRV460 Digital8® Handycam® camcorder gives you the best digital features at the price of an analog. Just some of its numerous features include a huge 2.5" SwivelScreen™ LCD display<sup>1</sup>, a monstrous 20X optical zoom, NightShot® Plus infrared recording, USB streaming, and Stamina® Battery Power Management System.

The DCR-TRV460 also includes touch-screen operation through the LCD display and digital still image capture onto convenient Memory Stick® Media (not included). Plus, Digital8® recording means high-quality digital recording on inexpensive Hi8 and 8mm video cassettes, so you get professional results without paying professional prices. It's the digital camcorder that anyone can afford!

**Required Software:**

The Sony Notebook and Sony Camcorder come with the required software to meet the needs of this project and no additional software is required.

**Miscellaneous equipment that could be purchased, but not required**

External Monitor - makes it easier for the patient to watch as you go through the process.

Camera Stand – a small tripod to place the camera at the level of the shoe. You can hold the camera while filming the runner.

Laser Printer – to print out copy of patient recommendation sheets

External Hard drive – to backup patient running files when a sites will be doing many evaluations. Recommend the Iomega HDD 250GB USB/Firewire Desktop Hard drive. Estimated cost \$400

Equipment selection and pricing verified December 2004.

As of May 2004 Sony created a small division for government purchases. You can contact James Norton or Beverly Wilson at 1-866-547-4516 for assistance.

- ☐ DIRECT INTERNET ACCESS NEXT TO TREADMILL (**no dial-ups!**)
- ☐ Assembly and Training to be provided by Running Injury Prevention Program  
Staff on: \_\_\_\_\_

Running Injury Prevention Program Director: Mark Jacobs, 703 692-8890